

REVIEW PAPER

Impact of Ghrelin and Adiponectin on Metabolic and Cardiovascular Effects

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Abstract

Background: Ghrelin and adiponectin are recently discovered peptides. Ghrelin has a crucial role in the regulation of food intake and energy homeostasis, and adiponectin is secreted by adipocytes, and it has been proposed to mediate obesity-related insulin resistance. Both they are playing a critical role in a variety of physiological processes including endocrine, metabolic, cardiovascular, and other actions. Furthermore, other potential clinical applications of ghrelin include the treatment of patients with diabetes mellitus and infections, likewise adiponectin plays an important role in diagnosis of cardiovascular disease.

Conclusions: Further studies need to specify the accurate results and the action mechanisms of adiponectin in order to facilitate the clinical practice; as well as to clarify the role of these adding a new knowledge in international scientific community.

Key Words: Adiponectin, Ghrelin, peptides, obesity, cardiovascular disease